

Simple set

*Warm-up:*

10

3 Min build to L1 and hold
 3 Min L2
 3 Min as 30 seconds Max – 30 seconds Ez
 1 Min Ez

Main Set

Notes

4 x 2 min @ L2 R90 secs
 between

1 min bonus rest

5 min @ L2 R2 min
 1 min bonus rest

6 x 2 min @ L3 R1 min
 between

1 min bonus rest

5 min @ L2

54

Cool-down:

5 Min spin